

Young Women's Health Day September 20, 2007



Speakers

Lena Crouso, D.C.C. - **Self Esteem and Empowerment**
Gretchen Clark-Hammond – Tobacco Use

Breakout Session Topics: (Choose Three)

Lifetime Health- **Melissa Lenko, D.O.**
Self Defense - **BJ Taylor, B.A.**, First Step
Substance Abuse - **Beth Cormack, B.S.**, Coshocton Behavioral Health Choices
Exercise/Pilates – **Nikki Markle, M.S.** Adaptive Physical Ed. Teacher & Soccer Coach at River View
Nutrition— **Karen Russell and Alice Matheny**, Coshocton County Memorial Hospital
Stress Management - **Renata Bush B.A., LSW and Staff**, Thompkins Child and Adolescent Services
Henna Art - **RoseMary Honnold**, Coshocton Public Library

Group #1

9:00 A.M. Arrive
9:15 A.M. Lena Crouso
9:45 A.M. Gretchen Clark-Hammond
10:30A.M. Breakout Session
11:00A.M. Breakout Session
11:30A.M. Breakout Session
12:00P.M. Lunch and Health Fair

Group #2

9:00 A.M. Arrive
9:15 A.M. Lena Crouso
9:45A.M. Gretchen Clark-Hammond
10:30A.M. Health Fair and Lunch
11:30P.M. Breakout Session
12:00P.M. Breakout Session
12:30P.M. Breakout Session

1:00 P.M. **Caroline Daugherty-** River View Girl's Varsity Basketball Coach
Closing at the Large Soccer Field

1:15 P.M. Depart for schools

FREE Admission—HEALTH SCREENINGS, DISPLAYS, AND DOOR PRIZES!
NEW – “Ask a Question” booth.

Sponsored By: Ohio Department of Health, Sexual Assault and Domestic Violence Prevention Program, Bureau of Health Promotion and Risk Reduction, the Multicultural Center at The Ohio State University and Coshocton County General Health Distric and Community Partners. For questions call the Coshocton County General Health District at 740-622-1426 Ext. 57307